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International OCD Foundation

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The Program That Helps Kids

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**ISBN# 1-59385-355-6 Talking
Back to OCD Publication Date:
2006: John S. March, M.D.
with Christine M. Benton**

**Talking Back to OCD : John S.
March : 9781593853556**

**No one wants to get rid of
obsessive-compulsive
disorder more than someone
who has it. That's why Talking
Back to OCD puts kids and
teens in charge. Dr. John
March's eight-step program
has already helped thousands
of young people show the
disorder that it doesn't call
the shots--they do. This
uniquely designed volume is
really two books in one.**

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"Talking Back to OCD"**

indicates that it can be used outside of the therapeutic context; however, I found it helpful to use in treatment. The book's format covers education about OCD, how to externalize OCD (seeing OCD, not the child, as the problem) and then step by step ways to strengthen coping skills and prepare the child for exposure and response prevention tasks.

Talking Back to OCD: The Program That Helps Kids and Teens ...

The key to beating OCD is knowing how to interact with it. It's important to treat it

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like a separate entity. It has a
distinct and independent
existence from you. The
artwork in The OCD Coloring
Book Journal will mentally and
emotionally immerse you into
the much needed practice of
"talking back" to OCD.

**Talking Back to OCD: The
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March, John S., Benton,
Christine M. (ISBN:
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**Talking Thermometer: Talking
Back to OCD: The Program
That ...**

**Talking back to OCD: the
program that helps kids and
teens say "no way"-- and
parents say "way to go" User
Review - Not Available - Book
Verdict. According to March
(chief of child & adolescent
psychiatry, Duke Univ.
Medical Ctr.), obsessive-
compulsive disorder (OCD)
can be fought with cognitive-
behavioral therapy (CBT),
which retrains the ...**

**Talking Back to OCD by By
John S. March, MD with
Christine ...**

No one wants to get rid of

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obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots-they do. This uniquely designed volume is really two books in one.

Talking Back to OCD: The Program That Helps Kids and Teens ...

<P>No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why<I>Talking Back to OCD</I>puts kids and teens

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the shots--<I>they</I>do.
This uniquely designed
volume is really two books in
one. Each chapter begins with
a ...

**How to Take the Power Back
from Intrusive Thought OCD**

...

**Talking Back to OCD.
(pp.10-11). The Guilford
Press. 8 another Way to think
about ERP If you begin to
think of anxiety as
information, what information
is it giving you when it's
present? That you are in**

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**danger - or more accurately,
that you might be in danger.
“Might be” in**

Talking Back to OCD: The Program That Helps Kids and Teens ...

**What you're experiencing
could totally be OCD - there
are types of OCD that don't
include compulsive behaviors
(rituals) as symptoms. What
you're describing sounds very
much like intrusive thoughts
OCD, and if you're concerned
or just want to get some more
information, you should talk
to a mental health
professional such a
psychiatrist or a therapist, or
even just your general ...**

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**Talking Back to OCD: The
Program That Helps Kids and
Teens ...**

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OCD more than someone who
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Back to OCD puts kids and
teens in charge. This volume
is really two books in one.
Each chapter begins with a
section that helps young
readers zero in on specific
problems and develop skills
they can use to tune out
obsessions and resist
compulsions. Dr. March
demonstrates how to: Create
a nickname for the illness ...**

**What's the Best Way to Talk
Back to OCD? | Blog It Back!
No one wants to get rid of**

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**Talking Back to OCD, The
Program That Helps Kids and
Teens ...**

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delivery on qualified orders.**

**Talking Back to Ocd: The
Program That Helps Kids and
Teens ...**

**The treatment of OCD
involves talking to OCD like it
is a separate entity. What is
the best way to talk to it?**

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Sometimes people are really mad at OCD and think of it as the enemy. When I tell kids to give OCD a name, they usually pick names like “poop head” or “jerk.” And they look like this when they’re bossing it back:

**Talking Back to OCD -
Welcome to the ADD
WareHouse and ...
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obsessive-compulsive
disorder more than someone
who has it. That's why Talking
Back to OCD puts kids and
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